

Addiction in Women: Building Motivation For Change

**Satellite Conference
Wednesday, May 4, 2005
2:00-4:00 p.m. (Central Time)**

Produced by the Alabama Department of Public Health
Video Communications Division

Faculty

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Objectives

- Name three essential listening skills in AOD assessment.
- Identify at least four barriers to behavior change.
- List at least three suggestions for offering feedback and health information to patients.

Acknowledgement

- Motivational Interviewing/ Miller and Rollnick
- Harm Reduction Training Institute/Edith Springer, M.S.W.
- Prochaska, DiClemente et al [Stages of Change/ Transtheoretical Model]
- Project ADAPT, Brown University

Tasks in Primary Care Settings

- Routine AOD screening of all patients
- Recognize signs and symptoms of misuse/ Address acute presentation
- Refer for AOD assessment/ treatment services
- Primary prevention

AOD Screening Recommendations

- Normalize questions
- Provide context
- Friendly and caring attitude
- Focus on listening
- Monitor reacting/ Delay feedback

Helping Relationships

- Be authentic
- Excellent listening
- Unconditional positive regard
- Non-possessive warmth
- Be realistic
- Manage judgment
- Act as consultant/ TRUST your patient!

Motivational Interviewing

A client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.

MI- Guiding Principles

- Express empathy/ Demonstrate concern
- Develop discrepancy
- Roll with resistance
- Support self-efficacy
 - Increase client ownership
 - Empower client

Early Counseling Tasks

- Establish rapport
- Address client's presenting need
- Convey roles and negotiate agenda
- Assess change readiness
- Increase motivation/ Strengthening commitment

Communication Skills

- Open questions
- Affirmations
- Reflective listening
- Summaries
- Elicit change-talk
- Feedback

Screening Tools

- CAGE questions
 - Cut back on AOD use?
 - Annoyed at people criticizing your use?
 - Guilty about use?
 - Eye opener in the morning?

Screening Tools- MAST Michigan Alcoholism Screening Tool

- Normal user/ drinker?
- Friends/relatives perception?
- Help for AOD use issues?
- What problems have occurred in:
 - Relationships
 - Work
 - Legal affairs
 - Family
 - Health

Screening-History and Physical

- Injuries [fractures, head injury, or trauma –from accidents or fights- after age 18]
- Hypertension
- Gastritis, pancreatitis
- Hoarseness, bronchial inflammation

Screening-History and Physical

- Smell of alcohol, cannabis
- Dilated or constricted pupils
- Slurred speech, impaired gait
- Weight loss
- Insomnia or lethargy
- Respiratory problems

Screening- Physical Signs

- Cutaneous signs [angioma, erythema]
- Rash around nose/ deviated septum/ swollen nasal mucosa
- Abscesses, ‘track marks’, cellulitis
- Blood Tests
 - GGT
 - MCV
 - Uric Acid
 - Liver function tests [LFTs]
 - Kidney function tests

Screening-Psychological Signs

- Depression
- Anxiety/ Panic
- Mania
- Memory loss
- Paranoia
- Psychosis
- Personality change

Feedback- Conveying Information

- Present objective information
- Share concern
- Solicit reaction
- Avoid ‘TRAPS’
 - ‘Expert’ trap
 - ‘Labeling’ trap
 - ‘Blaming’ or ‘Taking Sides’ trap
 - ‘Premature Focus’ trap

Assess Readiness to Change

- Importance
+ > Readiness
- Confidence

Strengthening Commitment to Change

- Recognize Signs of Readiness
 - Decreased resistance
 - Resolve
 - Change talk
 - Questions about change
 - Envisioning
 - Experimenting

Eliciting Commitment

- Recapitulate- summary of client's words/ perception/ feedback
- Key question- open question addressing client's plans to address the issue
- Offer information and advice
- Don't over-prescribe
- Expect ambivalence

Successful Referral

- Present referral as an option
- Assess patient reaction
- Refer to known, trusted sources
- Teach about referral
- Determine level of support needed
- Follow up/Follow through

Upcoming Conferences

Psychological Sequelae of Weapons of Mass Destruction on First Responders
Friday, May 6, 2005
12:00-1:30 p.m. (Central Time)

For a complete listing of all upcoming conferences, visit our website:
www.adph.org/alphtn